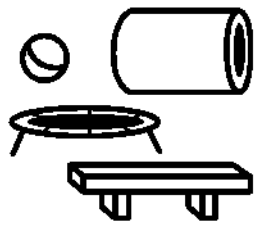


Sensory Circuits



Sensory Circuits

What is it?

A Sensory Circuit is a series of exercises that a child works through in a specific structured order, similar to circuit training that you might do at a gym.

There are 3 types of exercises:

Alerting - which wakes the body and the senses up.

Organising - which require the child to organise their body, plan their actions and do more than one thing at a time.

Calming - which provide sensory input to the body to calm and ground the child.

The order is crucial to the effectiveness of the circuit, we don't want to 'hype' children up with exercise and then expect them to sit down and concentrate, they need the calming stage at the end.



Circuit session in hall



Organising activity

Why do it?

The aim is to help the child to be in an optimum state ready to learn, so neither over-stimulated nor under-stimulated. This is why we run it right at the beginning of the day, ideally children would benefit from a further session after lunch so they are ready for the afternoon's work. Regularly taking part in the sensory circuit, can improve skills such as attention/concentration, fine/gross motor skills, confidence and social skills.

It forms a part of a 'sensory diet', which several of the pupils at Addington need. There should however be other activities spread throughout the day according to whether they need alerting, organising or calming down.

Further information: Book: Sensory Circuits (Horwood)